



Let's engage creatively together in your home

Dr. Kane's training

Certificate in Gerontology, University of Washington Seattle WA 2023-24

Doctorate in Naturopathic Medicine, Bastyr University Seattle WA 1988-1992

Masters of Acupuncture and Oriental Medicine, Bastyr University Seattle WA 1991-1993

Bachelor's degree in Comparative Literature, Harvard University Cambridge MA 1974-1978

Ongoing continuing education

I offer in-home services for seniors

About me

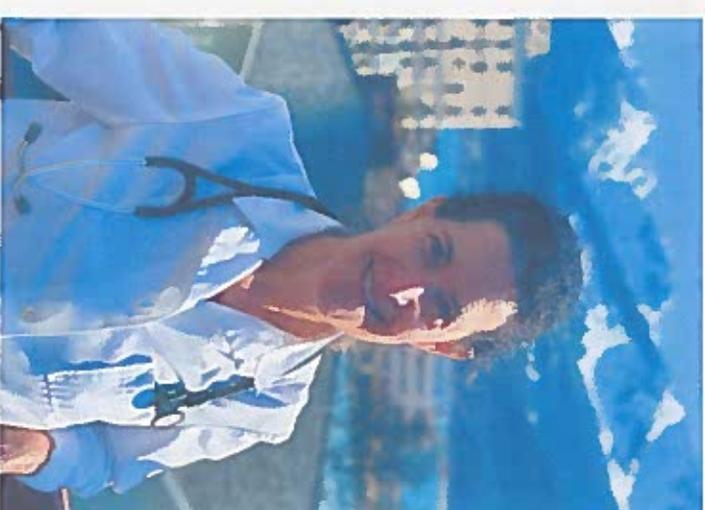
After 30+ years in primary care I pursued training in gerontology at UW during 2023-24 and shifted my practice focus to helping home-bound seniors age peacefully at home or within a care facility

Contact me

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Email: DrEmilyKane@gmail.com

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NATURAL HEALTHCARE

*In home care and
companionship for seniors*



Remember the beauty of the natural world and practice walking peacefully into the next day.

How can I help you?

If you would enjoy engaged company for 2-6 hours per week, and have curiosity about continuing to live your best life, please contact me to see if we would be a good fit. I will bill your insurance for time spent together. I cannot bill Medicare, only Aetna and Premiera based insurance.

In home services:

- Health check-ups: heart, lungs, mobility, cognitive function
- Cooking healthy food
- Creative companionship including making a memory book
- Fall prevention training and help getting home modifications if needed
- Chair yoga to help improve strength and mobility and to reduce pain

“Dr. Kane is fun and resourceful. She is consistently able to recommend easy-to-access health tips.”



Stay healthy with good food choices

I will come to your home and we will set a schedule together that works well for both of us. We can also be flexible about our visit times on a weekly basis.

Good health is holistic

You will enjoy your life more with good digestive function, healthy skin, joints that move without pain and having your “affairs in order” so you don’t need to worry about loose ends. Some services I have enjoyed providing for Juneau seniors include recording conversations and turning them into an elegant hard-cover book for loved ones. I have also helped steer seniors to resources for wills, advanced directives and finding appropriate legal and medical representatives. Taking care of paperwork means you can focus on living!